

Medical Center Lobby Gets a Spring Makeover

A renovation project that will improve patient convenience and privacy in the main lobby of Jefferson Regional Medical Center's hospital building is under way.

The project, which includes a comprehensive update to the flooring, walls and lighting as well as a complete renovation of public restrooms and patient registration area, is coordinated under the direction of Janet Cipullo, vice president, Professional Services.

The work will take place in phases, causing regularly traveled routes to and from the lobby to change from time to time," Cipullo says. "Work at the main entrance and other high traffic areas will be done during evening and weekend hours as much as possible to pose as little inconvenience to the public as possible."

Alternate entrances and avenues will be used over the next few months to navigate around the construction. In addition to posting temporary directional signage, a publication, LobbyLink, available at the information desk, includes a map of the facility that helps hospital personnel provide one-on-one assistance to each visitor.

"If you are ever unsure of where you should be going, just stop and ask anyone wearing a Medical Center ID badge or one of our volunteers in the orange or pink jackets."

The Medical Center will post regular updates on its Web site, jeffersonregional.com, and on a hotline, **412-469-5999**. Check these resources before coming to the Medical Center for up-to-date information during construction.

As a result of a grant from the Hilda M. Willis Foundation, a new feature of the lobby will be a Reflection Room next to the Spiritual Care office.



Jan Bovard, courtesy associate, welcomes visitors in the Jefferson Regional lobby, offering assistance, directions or simply a warm "hello."

Convenient Offsite Locations

The Route 51 Outpatient Testing Center in Baldwin (across from St. Elizabeth Church) offers blood work, urinalysis and EKG tests with no appointments necessary.

Call 412-885-6068.

Physical Therapy and Aquatic Therapy is available at 550 Coal Valley Road. **Call 412-469-3456.**

An outpatient Counseling Center is available at Caste Village.

Call 412-881-2255.

JRMC Diagnostic Services at the Jefferson Medical Arts Building on Coal Valley Road offers an array of services including: walk-in blood tests, open MRI, multi-slice CT, PET scans, ultrasound, Doppler, walk-in X-ray, mammography, DEXA (Bone Density), cardiac stress testing, Holter monitors, echocardiograms, whole body bone scans, 3-phase bone scans, thyroid uptake, HIDA, MUGA and EKG. **Call 412-460-8300.**

Register in Advance for Tests

For convenience during the lobby renovation, the Medical Center is testing a new process for advance registration for blood tests and routine X-rays. The day before patients arrive for blood tests or routine X-rays, they can call **412-469-7436** between 9 a.m. and 5 p.m., Monday-Friday, to pre-register. This will enable patients to bypass the registration process in the main lobby and proceed directly to the Multitest area. For all other outpatient tests, pre-register by calling **412-469-5234**.

Steelers' Nutritionist To Speak at Health Fair

Robert J. Piroli, MD, medical director of the Radiation Oncology Center at Jefferson Regional, will participate in a community health fair, "Healthy Lifestyle through Prevention," on Thursday, April 17, from 6 to 8 p.m. at Bethel Park Community Center, 5151 Park Ave.

Free screenings will be provided for blood pressure, glucose, skin cancer, fecal occult blood testing, nutrition screening and risk assessments for lung, breast and prostate cancers.

The keynote speaker at 7 p.m. will be Leslie Bonci, MPH, RD, Board-certified specialist in sports nutrition and nutritionist for the Pittsburgh Steelers.

The health fair is being held in conjunction with St. Clair Hospital and University of Pittsburgh Medical Center. Light refreshments will be provided.

Registration is required by calling **1-800-533-8762**.

Free Stroke Screening

**Saturday, April 5
10 a.m. to 2 p.m.**

Morningstar Baptist Church,
Shaw Ave., Clairton

- Blood pressure
- Body fat analysis
- Cholesterol
- HDL & glucose screenings

Limited spaces are available.
No insurance is required.

**Call 412-469-7100
to register.**

Free Ornish Open House Set at Wellness Center

If you missed the free Taste of Ornish Open House held in February at the



Jefferson Regional Wellness Center in Pleasant Hills, here's your chance to learn about this popular lifestyle modification program for reversing heart disease.

A free open house on Wednesday, April 30 from 6 to 8 p.m. at the Wellness Center will feature a cooking demonstration, Ornish-friendly food samples, and a stress management demonstration. Space is limited. Preregistration is required by calling Community Programs at **412-469-7100**.

Medical Center to Observe Healthcare Decisions Day

Jefferson Regional Medical Center will join healthcare providers across the country on April 16 to participate in National Healthcare Decisions Day. The purpose of the observance is to focus attention on assistance with healthcare planning, including advance directives such as the Medical Living Will and Healthcare Power of Attorney.

Visit us between 10 a.m. and 2 p.m. in the 2nd floor lobby area for assistance with the completion of advance directives.

Questions about National Healthcare Decisions Day at Jefferson Regional may be directed to the Spiritual Care department at **412-469-5855**.



Reiki, Massage Therapy Enhance Cancer Care

Jefferson Regional announces the availability of Reiki and "Soft Touch" massage therapy as free complementary therapeutic services for cancer patients. Both therapies are part of an Integrative Medicine program in conjunction with the traditional medicine program at Jefferson Regional.

"Patients report a reduced level of stress as well as a decrease in acute and chronic pain," says Patty Luptak, RN, BSEd, OCN, director, Oncology Services at Jefferson Regional. "It promotes the release of emotions such as grief, anger, and anxiety and brings forth a feeling of clarity and well being as well as a spiritual connection."

Patients on the 4 North Oncology Unit interested in Reiki or Soft Touch Massage Therapy should talk with their physician to have the Medical Center staff coordinate the services.



Janet Cipullo Named VP of ACHE Board

A member of Jefferson Regional Medical Center's executive leadership team, Janet A. Cipullo, has been elected vice president of the board of directors for the Western Pennsylvania Chapter of the American College of Healthcare Executives (ACHE).



The appointment of Cipullo, vice president, Professional Services, follows her success in 2007, when she was awarded the highest achievement of Fellow with the organization, an international professional society of 30,000 healthcare leaders. In 2006, Cipullo was elected to the Board of Directors of the Western Pennsylvania Chapter of ACHE.

"Janet has demonstrated an outstanding level of leadership with this highly regarded professional organization of healthcare executives who are dedicated to improving healthcare delivery," said Thomas P. Timcho, president and CEO, Jefferson Regional Medical Center. "Her commitment to service and professional development supports the standard of excellence that our patients expect and deserve."

Elizabeth Township CPA Promoted to Vice President

Thomas P. Timcho, president and CEO, Jefferson Regional Medical Center, announced that Albert J. Ragan, CPA, of Elizabeth Township, director of finance, has been promoted to vice president.



Ragan will work to expand and grow new free-standing services that offer convenient options for residents in their communities.

Robert A. Frank, executive vice president and COO at Jefferson Regional, said, "Al's leadership skills and proven track record will be an asset as we move forward with our plans to reinvest in new and expanded services that will secure a healthy future for our patients and their families."

Coming in May...

Lilly Oncology on Canvas, an international exhibition of artwork by cancer survivors, their families and caregivers, will return to Jefferson Regional Medical Center May 11-24. Look for more information in next month's issue of Your Health Matters.



New Gynecologist Gives Hope To Patients with Incontinence



Urge and stress urinary incontinence can be an embarrassing medical problem, but Michele Straka, D.O., says the good news is that it can be treated.

The condition that involves the loss of bladder control affects a large percentage of women, says Dr. Straka, whose special interest in treatment for incontinence will enhance the gynecological services offered by Jefferson Regional Medical Center.

"Incontinence is a very common problem in women," she says. "Unfortunately, most people don't seek treatment that can greatly improve their quality of life."

Dr. Straka joins the practice of gynecologist Daniel R. Lattanzi, MD, Suite 314 in the South Hills Medical Building on the Jefferson Regional campus. The gynecology services complement the Medical Center's Women's Diagnostic Center, located in Suite 309 of the medical building.

Dr. Straka, who is certified by the American Board of Obstetrics and Gynecology, served with the U.S. Air Force as a staff OB/GYN and resident coordinator at Evans Medical Center, Fort Carson, Colo.

Patients can schedule gynecology appointments with Dr. Straka or Dr. Lattanzi by calling Jefferson Regional Physician Referral at **412-469-7000**.

COMMUNITY EVENT CALENDAR

(Some programs may require pre-registration.)

JEFFERSON
REGIONAL MEDICAL CENTER

Bibro Pavilion, Jefferson Regional Campus:

Hip and Knee Pain Seminar: Call 412-469-7100 to register.

Free clinic on causes of and treatments for knee and hip pain with a certified orthopedic nurse manager on April 8, 10 to 11 a.m.; also on May 13, 10 to 11 a.m.

Diabetes Education: Call 412-469-5234 to register.

Take Control of Your Diabetes: Four-part series with a certified diabetes educator on April 8 and 15 from 6 to 8:30 p.m. and April 10 and 17 from 6 to 8 p.m.; also on May 6 and 13, 1 to 3:30 p.m. and May 8 and 15, 1 to 3 p.m. Physician referral and registration required to attend classes. Most insurances cover the fee.

Senior Services Computer Classes: Call 412-469-7099 to register.

There is a \$40 fee for two 2-hour sessions from 9:30 to 11:30 a.m.

Microsoft Publisher 1 & 2, April 9 and 16; also April 28 and May 5

E-mail 1 & 2, April 14 and 21

VISTA Basic Computers 1 & 2, April 23 and 30

VISTA Basic Computers 3 & 4, May 7 and 14

Basic Digital Cameras 1 & 2, May 12 and 19

Senior Services Caregiver Series: Call 412-469-7099 to register.

Caregiving: A Spiritual Journey, April 9, 5 to 7 p.m., with speaker Judi Pasino, MDiv, director, Spiritual Care

Senior Services AARP Driver Safety: Call 412-469-7099 to register. This two-day, eight-hour class has helped millions of drivers over age 50 stay safe on the road. The next open sessions are May 29 and 30, 1 to 5 p.m. Jefferson Room. Fee: \$10 payable to AARP.

Senior Services Exercise Classes: Call 412-469-7099 to register.

The fee is \$45 for each 10-week session. A medical release is required to participate.

Yoga: Tuesdays from 9:15 to 10:15 a.m. beginning April 8, or Thursdays from 9:15 to 10:15 a.m. beginning April 10.

Yolates: Tuesdays from 10:30 to 11:30 a.m. beginning April 8, or Thursdays from 10:30 to 11:30 a.m. beginning April 10.

Health for Her: Call 412-469-7100 to register.

Demystifying MRSA: Understanding the Antibiotic-resistant Bacteria,

April 3, 5 to 7 p.m., with Jeffrey Burket, MD, and Beverly Flannery, RN.

Easing the Sneezing – Allergies, April 23, 6 to 7:30 p.m., with speaker James DeAngelo, DO, allergist.

Fighting Cancer with your Knife and Fork, May 6, 5 to 7 p.m., with speaker Mark Davis, RD, LDN.

Body Scans: The Newest Technology, May 19, 5 to 7 p.m., with speaker Derek Armfield, MD, chairman, Department of Diagnostic Imaging, Jefferson Regional Medical Center.

Look Good, Feel Better: Call 1-800-227-5445 to register.

Class focuses on skin care, makeup, hair styling and general well being for women who are undergoing cancer treatment, April 2 and June 4, 11 a.m. to 1 p.m.

Nutrition Link: Call 412-469-7001 for details. This program offers one-on-one nutrition counseling with a registered dietitian certified in diabetes education.

Sleep/CPAP/BIPAP Open House: Call 412-469-5981 for details. Personalized session for anyone with questions about sleep or Continuous Positive Airway Pressure (CPAP) therapy on Wednesdays from 9 a.m. to noon and by appointment in the Sleep Disorder Center, Suite 503, South Hills Medical Building.

Medical Career Explorers, program for high school students interested in health-field careers. Annual registration is \$10 payable to Greater Pittsburgh Council. April 3, 7 p.m., J Café, 2nd floor, hospital. Call 412-469-7137 to register.

Take Our Survey, Get a Free Gift

We need your help to make our Web site as helpful as possible for you and your family. Please complete a short online survey. As a token of our appreciation, we'll send the first 500 respondents a free gift. To access the survey, go to www.jeffersonregional.com.

Jefferson Regional Outpatient

Testing Site, Route 51

(across from CVS), Baldwin

No appointment necessary;

Just walk in!

Focus on Breast Care, April 17, 1 to 2 p.m. Diagnostic Imaging staff will discuss mammography, breast self-exams and other issues at this free session. Call 412-885-6038 to register.

Jefferson Regional Wellness Center,

Route 51, Pleasant Hills

Call 412-469-7805 to register.

Highmark Personal Nutritional Coaching, by appointment only.

Caste Village Mall, Suite M123,

Counseling Center, Whitehall

Call 412-469-7100 to register.

Free lunch-time seminars from 11:30 a.m. to 12:30 p.m. with Joseph Cvitkovic, PhD:

Enhancing Life with Meditation, April 14

Psychological Methods for Pain

Management, May 5

Enhancing the Enjoyment of Everyday Life, May 19

Caste Commons Lobby

Free blood pressure monitoring and medication checks from 9 a.m. to noon on April 17 and May 1, 8, 15, 22 and 29.

Jefferson Regional Health Professionals @ Wal-Mart Pharmacy, West Mifflin

Cardiac Surgery Overview, Perfusion staff, April 10, 11 a.m. to 2 p.m.

Anxiety, Behavioral Health, April 15, 11 a.m. to 1 p.m.

Better Sleep Month, Sleep Lab, May 6, 11 a.m. to 1 p.m.

National Arthritis Month, Joint Care Center, May 8, 10 a.m. to noon.

Asthma Care Week, Pulmonary Services, May 13, 11 a.m. to 1 p.m.

Osteoporosis Awareness, Nursing, May 14, 2:30 to 4:30 p.m.

Stroke Awareness Month, Stroke Unit, May 15, 10 a.m. to noon

Celiac Disease, G.I. Lab, May 16, 10:30 a.m. to 12:30 p.m.

Great American Smoke Out, ICU staff, May 16, 11 a.m. to 2 p.m.

Medication Clinic/Blood Pressure Checks with the Pharmacy staff from 9 a.m. to noon on April 2, 9, 16, 23 and 30, and May 7, 14, 21 and 28.

Detailed listings are available on our Web site, www.jeffersonregional.com